Healthful Eating ... Food Labels Help!

Supermarkets sell thousands of foods. How do you make healthful choices for everyone in your family? Sometimes it seems overwhelming! The food label can help you. It’s easy to use, even when your shopping trip is hectic.

Nutrition Facts on food labels tell you the calories (or food energy) and nutrients in one serving of food inside the package. Look for the nutrition information in the store, near fresh fruit, vegetables, meat, poultry, or fish, too.

- Be in control – and buy the best foods for your family.
- See how calories (food energy) and nutrients change with bigger or smaller servings.
- Compare the % Daily Values in similar foods.

READ IT before you EAT IT!

How many servings are you eating?
For two servings, double the calories. Pay attention to choose foods for a healthy weight.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 1 cup (228g)</td>
</tr>
<tr>
<td>Servings Per Container 2</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 250</th>
<th>Calories from Fat 110</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 12g</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Sodium 470mg</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 31g</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 5g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A 4%</td>
<td></td>
<td>Vitamin C 2%</td>
</tr>
<tr>
<td>Calcium 20%</td>
<td></td>
<td>Iron 4%</td>
</tr>
</tbody>
</table>

% Daily Value (DV)
Is the amount of a nutrient in one serving compared to dietary recommendations.

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high

What’s the Best Choice for You?
Use the 5%-20% Guide to Daily Values to choose foods.
How Much Do You Eat?

...When you shop, eat out, or enjoy food at home, estimate how much you eat. Use these shapes as your way to remember the size of Pyramid Servings.

**roll of film** (35 mm) = 2 tablespoons peanut butter = 1 ounce meat

**6-ounce can** = 3/4 cup juice

**baseball**
- 1 cup leafy, raw vegetables
- 1 medium apple, orange, or pear
- about 1 cup ready-to-eat cereal
- 1 cup yogurt
- 1 cup cooked, dry beans

**small computer mouse**
- 1/2 cup cooked vegetables
- 1/2 cup chopped or canned fruit
- 1/2 cup cooked cereal, rice, or pasta

**deck of cards**
- 2 to 3 ounces of meat, poultry, fish
- 10 french fries

Here are actual size outlines of different items.

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